



MEN'S TWO LINE SHOOTING DRILL

AUTHOR INFORMATION:

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DRILL SPECS:

Drill Theme: Shooting

Field Location: Offense, Midfield

Time Needed: 10 Min

Drill Style: Skill, Warm-Up

Field Position: Attack Zone

Skill Level: Basic

OBJECTIVE:

To improve on shooting techniques and accuracy.

DRILL DESCRIPTION:

Two lines of players are stationed at the top of the restraining box. Each line has plenty of balls for each player to get 5-10 shots. The players will make a "dummy" dodge towards the goal and then take an overhand shot at the goal. Players should be shooting with their "inside hands" and switch lines after each shot.

SKILLS PRACTICED:

- Shooting
- Dodging
- Strong and Weak Hand Play
- Accuracy

VARIATIONS:

Vary the type of dodges required of the shooter. Add a shadow defender as players master techniques. Have shooters switch to their outside hands. Allow all player positions to shoot.

DRILL DIAGRAM:

